CHAPTER II

UNDERWEAR

If one wishes to make underwear at home the best way I have found, from experience, is to look up a set of reliable paper patterns. The Butterick patterns are well known and thoroughly reliable, as are also the May Manton patterns; in fact any of the paper pattern concerns will send you the patterns you desire upon receipt of the stated price. If the directions are carefully read and then followed faithfully, a very satisfactory result may be looked for.

MATERIALS

Good materials should be procured, such as long cloth or good muslin, for instance "Fruit of the Loom." This muslin sells for about ten cents a yard, and long cloth may be bought from $1.25 up, for a piece of twelve yards.

While the store-bought underwear is very at-
tractive, upon closer investigation the muslin will be found to be of a coarse texture, much thickened with dressing. After one washing this dressing disappears and the poor quality of the material is quite evident; so it is more economic from this standpoint to be sure of the quality of the material used. Then again, home-made underwear is made better and with more care, and, as I said before, if close attention is paid to the instructions accompanying the pattern, a better-fitting garment will be secured.

A WORD ABOUT PAPER PATTERNS

Every woman who has given paper patterns a fair trial will agree with me that for home sewing there is no better or quicker method of getting a good-fitting garment, especially for the foundation, that is, the waist and skirt linings, both for women and children. Once a good pattern is obtained, the ingenious woman will be able to utilize it in many ways. To preserve the pattern place every portion on a cotton cloth back; that is, get some common cambric at about five cents a yard and paste the pattern on it, then cut it out, not allowing for seams. If a seam allowance is left on the pattern it soon becomes ragged from the
use of the tracing wheel, which would be used to trace the lines for the seams.

There is usually a very clear description as to the placing of the pattern on the goods. However, a word of precaution will do no harm. Be sure to get the back of a waist across the shoulder and the front across the chest, the sleeve around the upper muscle, and around the hips in the skirt, on the straight grain of the goods, that is, the woof thread running in a straight line.

HOW TO MAKE DRAWERS

Exact measures must be taken in order that the right pattern as to size may be gotten. Decide upon the way you want to make the drawers, whether closed or open, trimmed or plain. Take the measures around the waist, from waist to the bend of the knee, and around the fullest part of the hips.

OPEN DRAWERS

Cut the legs of drawers and join them either by machine or with running stitches by hand, having the seam on right side; turn the legs inside out and hide the raw edges in another seam and sew (by machine or running stitches); this is
called a French seam or fell. Face from the top or waist of each leg at the back around to waist at front with a bias band or facing about one inch wide. The legs of the drawers now may be joined to the yoke; this yoke takes the place of a band and is cut double, one for facing. The yoke is turned up on the wrong side about one half inch and basted. It is, of course, the size of the waist desired. The drawers are gathered slightly so that more of the fullness is at the back. The top of the legs of the drawers are lapped about one half inch and basted on to the yoke, with the turned-in edge of yoke and gathers on the right side. The other part of yoke is turned up one half inch and basted on so that it hides the gathering and raw edges of the yoke and drawer legs; stitch close to the edge so that one stitching will hold the yoke pieces and drawer legs together. A drawing string may be placed in a casing made at top of yoke. About six or eight inches from back on each side and three quarters of an inch from top make one row of stitching; the space between the top and this stitching will serve as a casing. Fasten the tapes well at the inner end and leave enough to tie at back.
CLOSED DRAWERS

Be sure that you have the proper length from the waist to the seat, otherwise the drawers will be very uncomfortable. French seam each leg and hem or trim as you desire, then make the plackets. Now you are ready to join the legs. Join the legs at the "crotch" by putting the seam on the right side, and be very particular that the seams meet. Sew with running stitches, then turn the drawers and sew again with running stitches, thus hiding the first sewing; this makes the French seam. Gather the front waist part into half the waist measure. The fullness should be placed more to the center, leaving about two inches from the placket plain. Gather the top of back of drawers into the other half of waist measure, more of the fullness being placed at the center, leaving about three inches almost without gathers at each end of the band.

To Put on the Band.—Notch the center of the strip intended for the band, put this notch
to center of drawers, baste on the gathers, then turn in the edge about half an inch and baste over gathers, stitch close to the edge. Turn in the ends of band and overcast very fine. The band is now ready for the buttonholes and buttons.

THE TRIMMINGS USED ON DRAWERS, AND HOW TO MAKE THEM

How to Measure a Tuck.—Cut measure on a piece of cardboard twice the width plus the space desired. Fold the tuck carefully by measure, crease tuck down flat before measuring for next tuck, baste and stitch or run by hand.

How to Put In Insertion.—There are two ways of putting in insertion, with a single row of stitching or with a double row. If a single row of stitching is wanted as a finish, turn the material back to within one sixteenth of an inch of the needlework and baste flat on the goods (if tucked, leave the width of a tuck between the last tuck and edge of insertion). Then
baste the upper edge, after having folded down the edge, and stitch close to edge. After stitching first remove bastings, then run the scissors carefully between the material and the insertion and cut through the center. Trim away the surplus material and turn the other edge over like a narrow hem, then hem down. This gives a neat finish and protects the stitching when laundered. If two rows of stitching are desired, fold the edge to within one eighth of an inch of the needlework and proceed as before, making two rows of stitching one eighth of an inch apart. Never finish the edges differently on the same garment.

To Sew Edging on the Bottom of Drawers.—Make one one-quarter inch tuck with one-eighth space at the bottom, then turn back the one-eighth inch on the wrong side even with the edge of the tuck and crease center. Gather and stroke the edging. Place the wrong sides together, fastening the centers and at each end. Then baste carefully, being particular that the rows of gathering and the crease come together, and stitch. Now flatten the seam with thumb and finger and turn tuck down over the seam, as it is best to turn the tuck back while basting on the edging, baste down and stitch close to the edge.
PAJAMAS

Pajamas are a wise protection for children, even the younger ones, as their little limbs are often uncovered at night and the pajamas help to protect them somewhat. I have also seen night drawers with feet attached, and it seemed to me a good idea. These pajamas are very comfortable made of outing flannel. The shirt part is made simply of two pieces cut to fit around the neck and shoulders, opened in front about nine inches, and the under-arm seam slightly gored to fit loosely at the armhole. This seam is stitched to about five inches from the bottom like a man's shirt. The sleeve is an ordinary two-piece sleeve, which may be gathered in at the hand. The drawers are made to the ankle, and these may be gathered in with a drawing string, especially for very small children.

Fig. 22.—Night Drawers Showing the Attached Feet.
PETTICOATS

The easiest and best way, if one does not use a pattern in cutting an underskirt or petticoat, is to cut the material the length desired plus the hem and tucks. For a skirt about two and one half yards wide, three widths of muslin or gingham will be sufficient. This will cut a five-gore skirt. Fold one width together through the center, measure about four and one half inches, on the double, from the center, and fold the selvage edges until you have a gore about nine inches from the center; this, when opened, will give a front gore nine inches at the waist and eighteen inches at the bottom. The second and third gores are cut alike. Fold the goods so that one end of the gore will be about nine inches and the bottom
about eighteen inches; but this measurement is not arrived at in the same manner in which we got the front gore. The material is folded on a gore bias.

The gores must be even at the top, any difference in length coming at the bottom. French seam the gores together, and trim off the bottom evenly. Turn up the hem and put in the tucks (in the same way as for drawers). Fit the skirt with darts at top and gather the back gores into waist measure. Make placket by binding with straight strip of material. The placket should be about twelve inches deep. Sew the band on in the same manner as we did the drawers band.

**NIGHTGOWNS**

The measurements necessary for a nightgown are: depth from height of shoulder to floor, width of chest, width of back, length of shoulder, size of neck. The width of a gown at the bottom
should be two and one half yards. For this, if one-yard-wide material is used, it will be necessary to add a gore at the bottom to both back and front, and this gore may be gotten from the sloping which is necessary to make the gown fit at the armhole. The body seams are felled or French seamed. If wider material, such as English long cloth, is used, the gore is not necessary, as that material is one and one quarter yards wide.

The Yoke. — The nightgown may be made with or without a yoke. A very pretty gown is made with a few clusters of tucks in the front and the back plain. It is cut low enough for the head to pass through and so does away with openings. This sort of nightgown usually has a short sleeve. Nightgowns with yokes are measured from the bottom of yoke to the floor. The yoke is basted to the body of gown, which has been gathered, wrong sides together and stitched. Then the seam thus made is turned up on the right
side and the front yoke turned in against it, basted close to the edge, and stitched. Yokes may also be joined to the body of the gown with a finishing braid placed over the seam.

The Opening of a Nightgown.—Make an opening about twenty inches deep, baste a facing on the button side about three quarters of an inch wide, allowing one quarter of an inch seam, put the right side of facing to the right side of goods and stitch. Turn both the edges of this seam back on the gown, turn in the edge of the facing, baste, and stitch close to the edge. For the buttonhole side, make a hem about one inch wide, turn this hem to the wrong side, baste, and stitch close to the edge. Lap the hem over the faced side so that it covers the stitching on the button side. Fasten with a double row of stitching at the bottom of opening.

To Make An Under Waist

Place your pattern on the straight of material and cut around pattern, being careful to crease or trace the waist line and amount allowed at seams. Baste the under-arm seams and shoulders together (make all alterations on these seams), and gather at the waist line to the size of waist. The
gathers are usually confined to about six inches across the front and about four or five inches at the back waist line. Run a thread at the top or neck of under waist so that it may be drawn up to fit. Make the armhole comfortable by clipping in the depth wanted, turn under and crease down. Cut out the armhole after the waist is taken off. The front of waist may be finished in the same way as the nightgown opening, or the hem on the buttonhole side turned on the right side and stitched at each side, making a bow plait.

**Trimming.**—There are many ways of trimming an under waist. If lace is used, the neatest way is to overhand the insertion, beading, and lace together. Turn a narrow hem on waist and overhand the insertion to the waist. If a band is wanted at the top of waist, put on a bias facing, hemming down a second time. Embroidery beading can be put on with French fell, the stitching coming below the cord of the beading. For feather stitching, fold edge of beading, lay on wrong side of waist, stitch on wrong side, and cover with bias band on right side. If trimmed with a ruffle, lay it on and cover all with a bias band on the right side.

In trimming around the armhole, much de-
pends on material of which waist is made. It may be finished with French hem or facing. If no trimming is used, it is better to face the armhole with a bias band. If trimmed with an embroidery ruffle, the ruffle and facing are basted in with the armhole, right sides together, turned on the wrong side of waist and hemmed, care being taken to stretch the bias so that it will not tighten the armhole.

**Placing Belt.**—Measure belt, if of the material, the length, twice the width plus the seams, allowing for lap in front. Fold the edges to the center, place the center of belt to center of waist, arrange the gathers in right place, making it smooth under the arm, baste along the top and bottom of edges and stitch. If drawn up around waist, place straight beading at waist line and stitch top and bottom.